WHAT IS CLAIMED IS:

. 1	1. A circuit board comprising:
2	a first plane;
3	a second plane;
4	a via spanning said first and second plane; and
5	an impedance component placed in said via and coupled to said first plane and said
6	second plane.
1	2. The circuit board of claim 1, wherein said impedance component is a resistor.
1	3. The circuit board of claim 1, wherein said impedance component is a capacitor.
1	4. The circuit board of claim 1, wherein said first plane is a power plane and said second
2	plane is a ground plane.
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1	5. The circuit board of claim 1, wherein said first plane is a signal plane.
. 1	6. The circuit board of claim 2, wherein said resistor comprises:
2	rolled carbon material having a first end and a second end; and
3	a first conductive cap coupled to said first end, and a second conductive cap coupled to
4	said second end;
5.	wherein said first conductive cap is coupled to said first plane, and said second
6.	conductive cap is coupled to said second plane.

1	7. The circuit board of claim 3, wherein said capacitor comprises:
2	a rolled sandwich comprising dielectric material and conductive material and having an
3	interior and an exterior; and
4	a first conductive cap coupled to said interior, and a second conductive cap coupled to
5	said exterior;
6	wherein said first conductive cap is coupled to said first plane, and said second
7	conductive cap is coupled to said second plane.
1	8. A method of adding impedance to a circuit board having a first plane, a second plane
2	and a via spanning said first and second plane, said method comprising:
3	forming an impedance component having a first conductive cap and a second conductive
4	cap;
5	placing said impedance component in said via; and
5	coupling said first cap to said first plane and said second cap to said second plan.
L	9. The method of claim 8, wherein said impedance component is a resistor.
ŀ	10. The method of claim 8, wherein said impedance component is a capacitor.
L	11. The method of claim 8, wherein said first plane is a power plane and said second
2	plane is a ground plane.

1	12. The method of claim 8, wherein said first plane is a signal plane.
1	13. The method of claim 8, wherein said via has a first height and a first diameter, and
2	wherein said impedance component has a second height substantiality equal to said first height
3	and a second diameter substantially equal to said first diameter.
1	14. A circuit board comprising:
2	a plurality of planes;
3	a via spanning at least two of said planes; and
4	an impedance component placed in said via and coupled to at least two of said planes.
1	15. The circuit board of claim 14, wherein said impedance component is a resistor.
ĺ	16. The circuit board of claim 14, wherein said impedance component is a capacitor.
1	17. The circuit board of claim 14, wherein one of said planes is a power plane and one o
2	said planes is a ground plane.
1	18. The circuit board of claim 14, wherein one of said planes is a signal plane.
1	19. The circuit board of claim 15, wherein said resistor comprises:
2	rolled carbon material having a first end and a second end; and

a first conductive cap coupled to said first end, and a second conductive cap coupled to 3 4 said second end; 5 wherein said first conductive cap is coupled to one of said planes, and said second conductive cap is coupled to a different one of said planes. 6 1 20. The circuit board of claim 16, wherein said capacitor comprises: a rolled sandwich comprising dielectric material and conductive material and having an 2 interior and an exterior; and 3 a first conductive cap coupled to said interior, and a second conductive cap coupled to 4 said exterior; 5 wherein said first conductive cap is coupled to one of said planes, and said second conductive cap is coupled to a different one of said planes. 7